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Property owners weigh in

Downtown businesses offer city options for LRT station locations

By **TIM WIECLAWSKI**
Metro Ottawa

A single light rail tunnel, running under one downtown street, could be built for less than half the estimated $1-billion price tag, according to downtown property owners.

According to cost estimates by the Downtown Coalition, a 3.1-kilometre, bi-directional tunnel, running beneath Queen, Albert, or Slater streets could be built for up to $445 million if property owners along the route are brought on board to help build subway stations in their buildings.

Yesterday, the coalition — representing 35 property owners, with more than 12-million-square-feet of office space and 2,500 hotel rooms in the core — volunteered a number of potential station locations for the light rail tunnel, which is the centrepiece of Ottawa's new rapid transit plan.

"It's not our role to select the route for the tunnel, but we want to continue our involvement in the process," said coalition co-ordinator Hume Rogers. "We believe that there are three potential routes for the tunnel and that the tunnel has to go under only one street, not two."

Transit consultant Morrison Renfrew said it is feasible to build the tunnel beneath one street. Streets in Ottawa are 20 metres wide, but the tunnel could be made as narrow as 15 metres, he said, though it would bulge at the stations. That would require the city to work with property owners to build stations.

While the original plan called for two tunnels, transit committee chair Coun. Alex Cullen said that could change, depending on results from the environmental assessment.

"We're open to other options," he said. "The current concept for two tunnels is not set in stone."

Rogers said the city and property owners will have to negotiate their own arrangements, but the door is open for public-private partnerships to construct a route.

"It's safe to say that there will be economic benefits to having a station in a building and we are willing to some way participate in the costing," he said.

Details of how the stations would look or be funded will be dealt with later, said Bill Campbell, senior vice-president with Minto Commercial Properties. For now, he said, "We're letting the city know that we're open to being part of the solution."

–tim.wieclawski@metronews.ca

HANDOUT GRAPHIC

The Downtown Coalition has identified the buildings coloured in orange as potential stations for a future LRT tunnel, running along Queen, Albert or Slater streets. The lighter orange buildings have yet to be built.

celeb buzz p.18

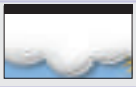
bare facts
Beckinsale demands body double: Report

mind&body p.12

Introducing our new column: Hinesight

your health p.13

Running your way into shape



High 20°
Low 12°
WEATHER P. 19

ROBYN YOUNG/METRO HALIFAX

Penny Patricia Boudreau is escorted out of provincial court in Bridgewater, N.S., yesterday after her first appearance on charges of first-degree murder in the death of her 12-year-old daughter, Karissa Boudreau. She had told authorities her daughter went missing from a parking lot in January of this year. **Story, page 5.**

Mother appears in court

Animals trapped in barn collapse

Several horses were trapped last night beneath the debris of a south-end Ottawa barn that apparently collapsed in high winds.

The rescue at 7562 Soldier's Line near Richmond was complicated by a downed live power line and a long, rural laneway to the property that restricted room for emergency vehicles.

The incident at 3:38 p.m. brought out 37 Ottawa firefighters and technical crew equipped for dealing with building collapses, said District Fire Chief Dave Capstick.

A veterinarian was called to the scene to deal with injured animals as firefighters worked to free the horses.

The property owners were able to free four animals, though seven more remained trapped when crews arrived.

The instability of the structure kept crews from immediately entering the barn to rescue the animals.

METRO OTTAWA

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ottawa

The National Film Board of Canada will close its Ottawa office next month, leaving the city where it was founded for Montreal, where the bulk of operations has been for years. SOURCE: CBC ONLINE NEWS

Encore for concert hall?

New campaign looks to residents instead of sponsors

By **TRACEY TONG**
Metro Ottawa

on agenda

» This summer, Friends of the Concert Hall will be building a membership base and looking for volunteers and will roll out a fundraising, information and organizational campaign in September.

Plans for a downtown community concert hall got a new lease on life yesterday after a group came forward with a new campaign that doesn't hinge on a single sponsor.

The Friends of the Concert Hall, headed by Julian Armour, the man who pushed the original proposal for a facility, is looking to build a 925-seat, world-class concert hall at 150 Elgin St. The plan replaces the campaign that failed in February due to the absence of a title sponsor.

"The reason it's going to be successful this time, is instead of one big sponsor, we're going to get the whole community involved," said Armour, former artistic director of the Ottawa Chamber Music Society.

The group will be seeking all levels of support, he said.

The project was originally estimated at $38 million, but the group will get a new costing. "We think it's going to be around that, but costs may have risen," he said, adding that the price tag will be announced in September.

While the Friends have already reaffirmed $4 million in support from Morguard Developments, they are hoping for new commitments of $6.5 million in support that was previously pledged by the municipal and provincial governments, and to receive funding from the federal government. The remainder will be fundraised, Armour said.

"We're also going to make sure everyone knows it's not just for chamber music, but all kinds of music."

Projected as a state-of-the-art venue with acoustic, aesthetic, production and patron amenities, the hall will fill a need for performance space for established and emerging talent.

Users of the hall will range from youth groups from the Ottawa area to the high-profile artists performing everything from country, jazz, choral, blues, folk, chamber and orchestral music, as well as storytellers, authors, poets, lecturers, writers.

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Rally urges feds to build housing

Advocates call for 200,000 affordable units over 10 years

By **TRACEY TONG**
Metro Ottawa

shelter costs

» While it costs $35,000 to $100,000 to house someone in emergency shelters and services for a year, it costs between $15,000 and $35,000 — to house someone in affordable housing, said Perry Rowe, chairman of the Alliance to End Homelessness.

With no place to go after being evicted from her apartment, Nicky Cope arrived at Cornerstone Women's Shelter earlier this month.

While she finds shelter living stressful — "there are times when I just need to get out of here," said Cope, 44 — she feels she has no other options.

"I'm looking for a one-bedroom because I have a scooter for my disability," she said.

"But rent is so expensive."

Cope is not alone. Last year, 8,915 people stayed in Ottawa's shelters, including 1,237 children, and yesterday local shelter executives, advocates and Ottawa Centre NDP MP Paul Dewar gathered at Cornerstone in a bid to rally Ottawans to pressure the federal government for more local affordable housing.

Dewar said he recently received 600 responses from constituents who identified affordable housing as ranking as a number one concern.

The group is calling on the government to save a 10-year plan to build 200,000 new units of affordable and co-operative housing for low-income families, and to renew the two-year Homelessness Partnering Initiative, which ends next March.

Cornerstone is one of the organizations directly impacted by the Homelessness Partnering Initiative, said the shelter's executive director Sue Garvey.

"You're in a building built for 36 people, and we have 52 people. There were 1,400 homeless women in the city last year and we were able to accommodate 500 of them."

"People are staying longer than ever in homeless shelters and people with low, moderate and middle income in Ottawa are feeling squeezed by unaffordable housing costs," said Dewar.

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Draft day tickets limited

By **TIM WIECLAWSKI**
Metro Ottawa

ottawa effect

» The draft is expected to generate $3.5 million for the local economy, according to Jantine Van Kregten, with Ottawa Tourism, as well as raise the profile of the city, as media will also be covering the "Ottawa experience."

The rest of the NHL will join the Senators in Ottawa this week.

Yesterday, crews began prepping Scotiabank Place for the 2008 National Hockey League Entry Draft, which starts Friday. The arena's upper bowl will be open to the public and Aaron Robinson, the Senators' director of fan and community development, said tickets are limited for opening night.

"If people are planning on coming to watch to the draft, we're advising that Saturday would be a better time."

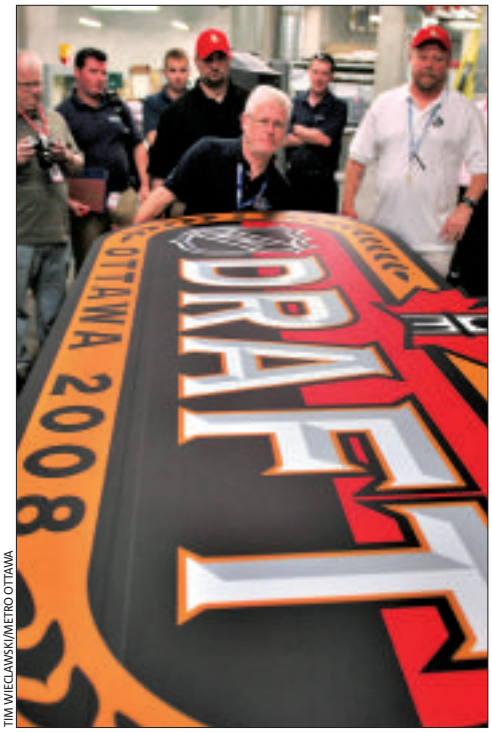
Bill Miller, senior vice-president, events and entertainment, with the NHL, said more than 2,400 tickets have already been set aside for prospects and their guests in the lower bowl.

"Those guys who are expected to go in the top 10, they bring everybody," said Miller. "Even their Aunt Sadie from Moose Jaw gets a ticket."

At the ground level, 300 media spots will be set up. In front of them will be 30 team tables with 660 team officials.

"That's what makes our draft unique. We have all the GMs and scouts in one building," said Miller. "You can see them running from table to table, trying to make deals happen."

On Friday evening, the top six prospects will be signing autographs outside in the Fanfest area that's set up for the weekend. NHL trophies will be on display.



TIM WIECLAWSKI/METRO OTTAWA

Pete Storey, project manager with BaAM Productions, unveils a large logo yesterday for the 2008 NHL Entry Draft that will hang over the stage at Scotiabank Place this weekend.

»news In Brief

» **COLLISION** A pedestrian suffered minor injures after being struck by a vehicle in the city's south end yesterday afternoon. At 1:22 p.m., paramedics attended the intersection of Hunt Club and McCarthy roads, where a pedestrian was hit, said paramedic spokesman J.P. Trottier. The victim was transported to hospital with minor injuries.

METRO OTTAWA

Walk for respect!

After one year of negotiations the federal government is still offering wage increases that are below the rate of inflation.

PSAC members from Ottawa and Gatineau will be participating in a noon-hour Walk for Respect at L'Esplanade Laurier on Thursday June 19.

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HANDOUT

An artist's rendering of the proposed new Ottawa Congress Centre.

Ottawa's 'green gem'

Features friendly to environment top site's overhaul

By **DEREK GORDANIER**
Metro Ottawa

The city's new Congress Centre will be a "green gem" among such buildings in Canada, its planners promise.

The board overseeing the construction of the convention centre for Ottawa announced its intention yesterday for the complex to employ state-of-the-art features that will make it one of the most environmentally friendly facilities in the country.

"The building will provide an extremely healthy environment for all who enter it," said Jim Durrell, chairman of the Ottawa Congress Centre (OCC) board.

Ellis Don and PCL Constructors — the companies bidding on the $160 million project — have been challenged to present plans next month that exceed environmental standards, including, for example, ventilation and air management systems that capture and recover energy from heated air before it is exhausted, and motor drives that run at variable speeds to slow down or shut off devices in the facility when they are not needed.

Demolition of the existing congress centre begins in September and the 21-month construction period for the new facility is planned to begin in March 2009.

When complete, the facility will feature 20,000 square feet of space — triple the present size.

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green machine?

Other green features of the building could see:

» Storm water captured for use in the irrigation of rooftop gardens and green areas, which can in turn be used to start gardens to supply produce for the convention centre's kitchens

» The facility have its own water filtration plant, with captured storm water being used in its toilets

» Air being pre-cooled as it enters the building in summer, and pre-heated in the winter

» Regionally manufactured materials used in the construction process to boost the local economy and avoid pollution through transportation.

Justice strategy announced

Attorney General lays out plan to reduce court times

By **TRACEY TONG**
Metro Ottawa

The average criminal case in Ottawa lasts 207 days spread over 9.2 appearances, which is on par with the provincial average but too long for Ontario's Attorney General.

Attorney General Chris Bentley said yesterday the province's new Justice on Target pilot project, announced yesterday at the University of Ottawa, aims to reduce the number of unnecessary court appearances by 30 per cent by 2012.

"We have every reason to be confident in our system of justice," said Bentley, "but we have some challenges.

"The system of justice is getting slower, nationally," he said. "As hard as we are working to speed it up, our system has been slowing down over the last 15 years."

The average criminal case takes twice as long to complete as it did in 1992. Many court appearances are adjournments.

Unnecessary appearances swallow time that judges, court staff and police might be better using elsewhere. With 600,000 charges entering the system every year, saving one minute per charge could save seven years of court time, said Bentley.

One way to do so is to have Crown Attorneys hang onto files for a longer period of time instead of passing them on, helping to reduce the time needed to complete a case.

The province has also created a website tracking the length of court cases and appearances from every courthouse in the province.

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The Ontario government will announce today that it is providing $1 million in seed money for a groundbreaking method of turning simple skin cells into stem cells. The goal is to make cells that can replace tissue damaged by disease or accidents. TORSTAR NEWS SERVICE

McCain trip hurts Tories

John McCain says his trip to Canada this week is no "campaign ploy."

But by delivering in Ottawa a partisan message he could deliver in Omaha, the presumptive Republican presidential nominee is about to use the Canadian capital as a convenient backdrop in the U.S. election campaign.

He brings his message that Barack Obama's desire to unilaterally renegotiate the North American Free Trade Agreement damages relations between steadfast allies and he will highlight the benefits of the deal in his speech.

The Harper government and the Canadian embassy in Washington are seeking as much cover as possible from McCain, but the optics hurt Harper and his people.

Having the visit revolve around NAFTA only reminds voters of the leaked memo accusing Obama of playing politics with the issue and damaging him in Ohio.

TORSTAR NEWS SERVICE

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Ontario

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Bill will allow foreign MDs to work sooner

Foreign-trained doctors will be able to hang their shingle in Ontario faster — and in some cases immediately — under new provincial legislation.

If passed, it will broaden the responsibility of the regulatory colleges to ensure all Ontarians have access to a family doctor — something at least 400,000 people don't have now.

"We must be relentless in pushing aside barriers that separate Ontarians from the caregivers they need," Health Minister George Smitherman said, when he introduced the legislation yesterday.

> *« We must be relentless in pushing aside barriers. »*
> Health minister George Smitherman

Changes include: Allowing doctors who have trained and worked in countries where the medical education and health-care system is similar to Ontario's to go directly to work; creating transitional licences so some doctors can quickly begin practice with limited supervision, and restricted licences to let specialized doctors work in their field; and faster assessments to determine where internationally-trained doctors fit best.

TORSTAR NEWS SERVICE

»news In Brief

» **SENTENCING** Convicted killer Thomas Svekla won't be eligible for parole for 17 years while he serves out a lifetime sentence in jail, Justice Sterling Sanderman ruled yesterday in an Edmonton court. Svekla was convicted June 3 of second-degree murder in the 2006 death of Theresa Innes.

METRO EDMONTON

Nova Scotia mom greeted by angry mob

Woman charged in daughter's death appears in court

By **ROBYN YOUNG**
Metro Halifax

Dozens of angry Bridgewater residents crowded outside the town's courthouse yesterday shouting and swearing at Penny Boudreau as police escorted her into a waiting cruiser.

"Murderer! Killer!" echoed through the riverside community's peaceful streets.

"You deserve what you did to your daughter," one woman yelled while Boudreau covered her face and hurried from the exit to the car.

four-month investigation

» Boudreau was arrested last Friday evening in Halifax after a four-month-long investigation into Karissa's murder whose frozen remains were found on the banks of the LaHave River Feb. 9.

About 100 people packed the Bridgewater provincial court room where the 33-year-old made her first appearance on charges of first-degree murder in the death of her 12-year-old daughter Karissa Boudreau.

She wept uncontrollably throughout the brief appearance, covering her tear-stained face with her hands and crumpled tissues.

Sitting front and centre in the court room yesterday were the woman's ex-husband Shane Boudreau, his brother and Karissa's father Paul Boudreau and the Grade 6 student's grandparents Wayne and Suzanne Grear.

Crown prosecutor Paul Scovil told reporters that Boudreau's lawyer, Pat Atherton, wasn't able to make it to the courthouse because of previously scheduled court matters on another case.

Julie Couillard refusing to testify in probe

Julie Couillard, the woman at the centre of the missing documents scandal that forced foreign affairs minister Maxime Bernier from his job, is refusing to voluntarily appear before a Commons' committee.

Couillard

Both Couillard and Bernier could face charges under the Security of Information Act and it's unfair to compel her to speak while Bernier remains silent about his role, lawyer Jean-C. Hébert said in a letter to the Commons' public safety committee.

"I regret to inform you that Ms. Julie Couillard chooses to decline the invitation to appear," Hébert wrote.

Bernier was forced from his job last month after being forced to admit that he had forgotten classified department documents at Couillard's Montreal-area home.

Committee members are probing that security breach and are also asking questions about Bernier's romantic relationship with Couillard, a woman with past ties with organized crime. Bernier and Prime Minister Stephen Harper have refused to testify. **TORSTAR NEWS SERVICE**

»news In Brief

» **TAMILS** The Canadian government added the World Tamil Movement to its list of terrorist groups yesterday, describing it as a front organization that raised funds for the rebel Tamil Tigers fighting against the government in Sri Lanka. The World Tamil Movement's assets will be frozen and Canadian banks must review their records and report any transactions made by the group. **REUTERS**

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world

A man caught breaking into a German supermarket late at night escaped despite being handcuffed to railings — only to be arrested after he ran to a nearby police station to get the cuffs removed. REUTERS

35 militants killed in Afghanistan

Violence still on the rise thanks to Taliban comeback

Afghan and U.S.-led coalition forces, backed by air support, have killed 35 insurgents in the south of the country in two separate clashes, the U.S. military said yesterday.

Violence has surged in Afghanistan since 2006 when the ousted Taliban made a comeback, with nearly 13,000 people killed during the period.

In one of the engagements, 20 militants were killed on Sunday after they attacked a joint patrol of Afghan and coalition forces in Zabul province, the U.S. military said in a statement.

In the second incident, the militants attacked a joint patrol of foreign and Afghan forces on Saturday in Helmand province which too lies in the south and is part of the Taliban's main bastion, another statement said.

Air support was used in both encounters and there were no casualties among Afghan or foreign forces, it added.

Removed from power in 2001, the al Qaeda-backed Taliban could not immediately be reached for comment. REUTERS

cross-border threat

» Afghan President Hamid Karzai's threat of a cross-border pursuit of militants is more of a tactic to build pressure on Pakistan than a signal of real intent, analysts said yesterday. Unnerved by Pakistan's efforts to make peace with militants in its tribal areas, Karzai made the warning on Sunday after the Taliban launched a bold and successful mass jailbreak in Kandahar in southern Afghanistan. The Pakistan Foreign Ministry lodged a strong protest about Karzai's statement on Monday.

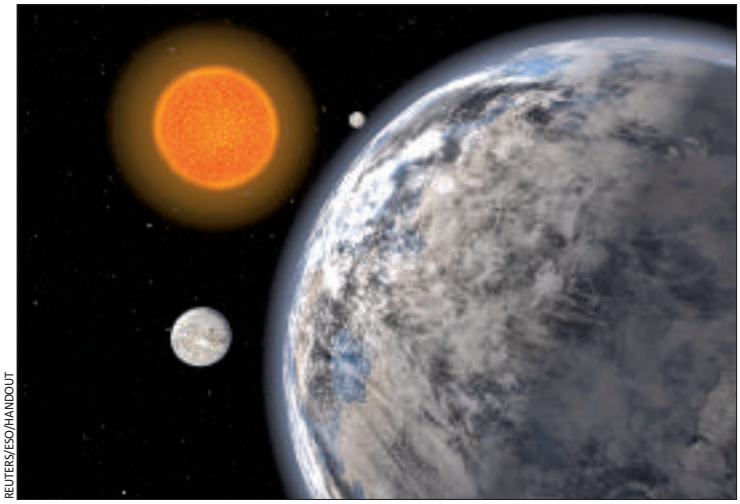
Three 'super-Earths' discovered

Researchers say Earth-like planets may be common

European researchers said yesterday they discovered a batch of three "super-Earths" orbiting a nearby star, and two other solar systems with small planets as well.

They said their findings, presented at a conference in France, suggest that Earth-like planets may be very common.

"Does every single star harbour planets and, if yes, how many?" asked Michel Mayor of Switzerland's Geneva Observatory. "We may not yet know the answer but we are making huge progress towards it," Mayor said in a statement.



REUTERS/ESO/HANDOUT

An artist's impression of the trio of super-Earths discovered by an European team using the HARPS spectrograph on ESO's 3.6-m telescope at La Silla, Chile, after five years of monitoring. The three planets, having 4.2, 6.7, and 9.4 times the mass of the Earth, orbit the star HD 40307.

The trio of planets orbit a star slightly less massive than our Sun, 42 light-years away towards the southern Doradus and Pictor constellations. A light-year is the distance light can travel in one year at a speed of 186,000 miles (300,000 km) a second, or about 6 trillion miles (9.5 trillion km).

The planets are bigger than Earth — one is 4.2 times the mass, one is 6.7 times and the third is 9.4 times. They orbit their star at extremely rapid speeds — one whizzing around in just four days, compared with Earth's 365 days, one taking 10 days and the slowest taking 20 days.

Mayor and colleagues used the High Accuracy Radial velocity Planet Searcher or HARPS, a telescope at La Silla observatory in Chile, to find the planets.

More than 270 so-called exoplanets have been found. Most are giants, resembling Jupiter or Saturn. Smaller planets closer to the size of Earth are far more difficult to spot.

None can be imaged directly at such distances but can be spotted indirectly using radio waves or, in the case of HARPS, spectrographic measurements. REUTERS

China tells people to avoid torch run

Security worries rise as relay enters Muslim region

Authorities in China's troubled far-western region of Xinjiang are telling people who want to watch the Olympic torch as it passes through the area to stay at home and tune into the television instead.

In other parts of China spectators have thronged streets to get a glimpse of the torch relay, but in Xinjiang they have been banned from climbing trees or collecting on bridges under which the flame will pass, state media said yesterday.

The steps are a measure of the sensitivity which surrounds Xinjiang, an oil-rich border region which is home to the Muslim Uighur people. Beijing blames some Uighurs for a series of attacks in the name of agitating for an independent state.

"Considering that too many people will cause a lack of safety, we are recommending that everyone watches on the television from home," the official Xinjiang Daily quoted the Communist Party boss of the region's sports administration, Li Guangming, as saying.

"The government expects tens of thousands of people will shout encouragement on the streets who have come in groups with their work units," Li said. REUTERS

Xinjiang

» Xinjiang is home to 8 million Uighurs, many of whom resent the growing presence and economic grip of the Han Chinese. The government insists only a tiny minority support the separatists.

gay marriage

State performs first legal ceremonies

CALIFORNIA California performed its first legally recognized same-sex weddings yesterday and opened its doors to gay and lesbian couples from around the country, a move likely to challenge other states that define marriage as between a man and a woman. Octogenarians Del Martin and Phyllis Lyon took the first vows in San Francisco's City Hall. REUTERS

»news In Brief

» **PAKISTAN** A bomb exploded in a Shi'ite Muslim mosque in Pakistan's northwestern city of Dera Ismail Khan yesterday, killing four people and wounding two, police said. The bomb went off at dusk when Shi'ites were gathered in the mosque for prayers.

» **LEADERS** U.S. President George W. Bush is ranked only slightly above the rulers of Pakistan and Iran as one of the least-trusted leaders in the world, a survey released yesterday showed. Only 23 per cent of people outside the United States had "a lot or some" confidence in Bush, compared to 22 per cent for Iranian President Mahmoud Ahmadinejad and 18 per cent for Pakistani President Pervez Musharraf.

» **VOTE** The residents of a Romanian village knowingly voted in a dead man as their mayor in Sunday's municipal election, preferring him to his living opponent. Neculai Ivascu, 57, who ran the village for almost two decades, died from liver disease just after voting began — but still won the election by a margin of 23 votes.

» **GORE** Former U.S. vice-president Al Gore officially endorsed Democratic presidential candidate Barack Obama's bid for the White House at a rally in Detroit last night. REUTERS

business

Dollar		Oil	
0.64¢	C$ 97.80¢US	$134.61US	
	U.S.$ $1.0225		$0.25

Nokia yesterday unveiled two new cellphone models aimed at the business market dominated by Research in Motion's BlackBerry device, but investors were unimpressed, sending RIM shares up five per cent. REUTERS

Wireless prices to drop: Rogers

Upcoming release of iPhone setting stage for changes

Wireless prices are set to fall at the country's biggest carrier just in time for the Canadian launch of the data-hungry iPhone.

Nadir Mohamed, the chief operating officer of Rogers Communications Inc., said yesterday that wireless rates will "evolve" as subscribers begin using their cellphones for more than just talking — a trend that's expected to gain traction once Apple Inc.'s iPhone is available to Canadians through Rogers on July 11.

While some had expressed concern that high wireless data rates might limit the iPhone's appeal in Canada, Mohamed said Rogers will unveil new pricing models in the coming weeks that are intended to "drive adoption" of such devices.

Mohamed said it's unfair to criticize Rogers' existing rates because they were designed when cellphones were used mainly for voice conversations and text messages.

TORSTAR NEWS SERVICE

Centro to be sold

» Analysts have credited the iPhone for drawing consumer attention to the entire smartphone category, which also includes devices made by Waterloo's Research in Motion Ltd., Nokia Oyj and Palm Inc. Rogers said yesterday it also will sell Palm's Centro model.

U.S. Freight woes

ERIC THAYER/REUTERS

A farmer works to evacuate hogs from an area that was in danger of flooding Sunday in Gladstone, Ill. Flooding in the U.S. Midwest is taking a toll on freight carriers, costing barge lines about $1 million US per day and likely disrupting railroads for months to come, traders and industry executives said yesterday.

»news In Brief

» **GAS** EnCana Corp. said it had established a leading position in gas shale ventures in B.C. as well as in Texas and Louisiana that could each yield up to 1 billion cubic feet of natural gas a day, though the cost of drilling may force it to boost its capital expenditure budget. REUTERS

automotive

Union ends GM Canada blockade

OSHAWA The Canadian Auto Workers union ended its blockade of General Motors of Canada's headquarters in Oshawa yesterday, allowing about 900 employees to return to work after nearly 13 days of protest, but it vowed to fight on. A judge ruled on Friday that the blockade had to end after the weekend. REUTERS

trade

U.S. and China sign deals worth $8.3B

CONTRACTS U.S. and Chinese companies signed 35 business deals in sectors ranging from automobiles to telecommunications on the eve of high-level trade and investment talks between the two countries.

The value of the contracts and investment agreements was more than $8.3 billion US, said the Chinese Commerce Ministry. REUTERS

telecoms

Hearing on BCE buyout today

COURT Canada's top court will begin less than three hours of hearings this morning to decide if the leveraged buyout of BCE Inc. is to proceed.

Following that, it could reserve judgment and make a decision several days later, or it could rule "from the bench" immediately. REUTERS

metro

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sports

New York Yankees pitcher Chien-ming Wang, left, will be out of action for at least six weeks after injuring his right foot while running the bases in a game on Sunday, the team said yesterday. REUTERS

Senators dangling Emery

YORK REPORT
MARTY YORK
marty.york@metronews.ca

At least two Canadian-based clubs could complete key trades before or during the NHL draft in Ottawa this weekend.

The Senators are offering **Ray Emery** and the St. Louis Blues, for one, are willing to take the goaltender, his $3-million US salary and his tarnished reputation.

The Calgary Flames, meanwhile, are chatting with Florida about the Panthers' captain, **Olli Jokinen**, who has been embroiled in a cold war with general manager **Jacques Martin**. Jokinen, 30, is multi-talented but Martin privately questions his desire.

Jokinen has two years and $10.75-million remaining on a contract he signed in 2006, when Flames coach **Mike Keenan** was the Panthers' GM.

» That U.S. Open playoff yesterday was a treat for those of us whose jobs allowed us the freedom to watch **Tiger Woods** and **Rocco Mediate** compete.

It's absurd, though, to settle a major golf championship on a Monday afternoon, when most fans are at work. Imagine if a Stanley Cup game were tied after regulation and the NHL elected to start the overtime the next afternoon. Idiotic, eh?

Golf needs to smarten up.

» So the manager of my financial institution is female, and I mention this because here's her explanation of why Euro Cup games are being showcased on a TV in her bank: "The players' faces are visible — and they're gorgeous. They don't wear helmets, like in hockey, baseball or football. It seems like every guy in soccer is good-looking. Even the referees."

» Only in the CFL: Quarterback **Chris Leak**, who led the Florida Gators to a national championship in the NCAA in 2006, bolted the other day from the Hamilton Tiger-Cats, who claimed he was jumping to the Arena Football League. Now, Leak has joined the Montreal Alouettes. And the consensus is that he has all the prerequisites needed to become a CFL superstar ... Then there was receiver **Charles Rogers**, a former No. 1 draft choice in the NFL. He told the Als he'd join them in camp. Verbally agreed to a deal. Never showed. Now set to join the Minnesota Vikings ... From former linebacker **A.J. Gass**, on the transition to assistant coach for the Edmonton Eskimos: "Really uncomfortable. I was on the outside looking in (during the Esks' first exhibition game last week). I didn't know what I was doing or how to prepare myself." ... And the Toronto Argonauts are leaning toward starting the regular season with **Michael Bishop** at QB instead of league MVP **Kerry Joseph**. Believe it.

» And regarding the Blue Jays' **A.J. Burnett**: Who cares?

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Limping Tiger battles to 3rd U.S. Open title

Woods hits clutch putt to slip past Mediate

Tiger Woods held off a late comeback by fellow American Rocco Mediate and sporadic knee pain to win his 14th major title in a nailbiting playoff for the U.S. Open yesterday.

The world No. 1, three shots ahead after 10 holes, slipped to one behind playing the last before triumphing in sudden-death with a regulation par at the 19th hole on the South Course at Torrey Pines.

Woods, who birdied the par-five 18th to match Mediate's level-par round of 71, sealed his third U.S. Open victory with a two-putt par at the seventh where his birdie attempt from 25 feet fell inches short.

Mediate bogeyed the hole after driving into a fairway bunker and pulling his approach into the left rough 100 yards short of the green. After reaching the green in three, he failed to sink the par putt from 20 feet.

> « *It was back and forth, back and forth and 90 holes wasn't enough. We had to go one more.* »
>
> *Tiger Woods*

"Today was just unreal," a beaming Woods said in a green-side television interview after joining his childhood idol Jack Nicklaus as the only player to win each of the four majors at least three times.

"It was back and forth, back and forth and 90 holes wasn't enough. We had to go one more."

Mediate, who had been bidding to become the oldest U.S. Open champion at 45, was delighted with his recovery after trailing by three shots with eight playoff holes remaining.

"Obviously I would love to have won but it was a great day," said the Florida resident. REUTERS

DANNY MOLOSHOK/REUTERS

Tiger Woods kisses the trophy after beating Rocco Mediate in the playoff round of the U.S. Open golf championship at Torrey Pines in San Diego yesterday.

baseball

Trias hurls gem to give Rapidz win

PERFORMANCE Orlando Trias pitched nine masterful innings leading the Ottawa Rapidz to a 6-2 win over the Quebec Capitales in front of an excited crowd of 2,137 at Rapidz Stadium.

Trias allowed just two earned runs on seven hits, while walking two and striking out four as the Rapidz took the opener of a three-game series.

MLB

Woeful Mariners sack GM Bavasi

JOBS The struggling Seattle Mariners fired executive vice president of baseball operations and general manager Bill Bavasi yesterday, and replaced him with Lee Pelekoudas on an interim basis.

The Mariners were just 24-45 before last night, the worst record in the major leagues. Bavasi was in his fifth season as the head of Mariners baseball.

NHL

Suter signs $14M contract extension

SIGNINGS The Nashville Predators signed defenceman Ryan Suter to a four-year, $14 million US contract extension yesterday.

Suter, 23, established career highs in assists (24), points (31) and penalty minutes (71) last season, while leading all Nashville blue-liners in goals with seven. The 6-foot-1, 196-pounder has averaged more than 20 minutes of ice time the past two seasons. METRO NEWS SERVICES

ALEX GRIMM/REUTERS

Germany captain Michael Ballack celebrates after their 1-0 Group B Euro 2008 victory over Austria yesterday in Vienna.

Ballack blast lifts Germany

Croatia finishes first in Group B

EURO2008

Germany dashed the dreams of their smaller neighbour Austria yesterday, beating the hopeful co-hosts of Euro 2008 1-0 in their capital and dumping them out of the tournament.

Any Austrian hopes of upsetting the powerful Germans were dashed just after halftime when Germany captain Michael Ballack hit a screaming free kick into the roof of the net for what turned out to be the winner.

"It's our own fault we ended up in this situation due to the Croatia match," the German captain said. "It meant we couldn't play relaxed."

In yesterday's other encounter Croatia beat Poland 1-0 with a goal from striker Ivan Klasnic, who has undergone two kidney transplants in the past 18 months.

Croatia, will now play Turkey in the quarter-finals in Vienna on Friday, one day after Germany take on Group A winners Portugal. REUTERS

SCOREBOARD

NBA

NBA FINALS

BOSTON VS. L.A. LAKERS

Game 5 —Sunday
L.A. Lakers 103 Boston 98
Game 6 — Tonight
L.A. Lakers at Boston, 9
Game 7 —Thursday
*L.A. Lakers at Boston, 9
(Boston leads series 3-2)
(* – if necessary)

MLB

LAST NIGHT'S RESULTS

INTERLEAGUE

Philadelphia 8 Boston 2
N.Y. Mets at L.A. Angels
Florida at Seattle
Detroit at San Francisco
NATIONAL LEAGUE
Atlanta at Colorado

TONIGHT'S GAMES

INTERLEAGUE

San Diego at N.Y. Yankees, 7:05
Boston at Philadelphia, 7:05
Houston at Baltimore, 7:05
Chicago Cubs at Tampa Bay, 7:10
Toronto at Milwaukee, 8:05
Atlanta at Texas, 8:05
Washington at Minnesota, 8:10
Pittsburgh at Chicago W. Sox, 8:11
Kansas City at St. Louis, 8:15
Cleveland at Colorado, 9:05
Oakland at Arizona, 9:40
N.Y. Mets at L.A. Angels, 10:05
Florida at Seattle, 10:10
Detroit at San Francisco, 10:15
NATIONAL LEAGUE
L.A. Dodgers at Cincinnati, 7:10

CFL

PRE-SEASON

THURSDAY'S GAMES

Hamilton at Toronto, 7
Montreal at Winnipeg, 8
Saskatchewan at Edmonton, 9
Calgary at B.C., 10
(End of pre-season)

BASEBALL

CAN-AM LEAGUE GAMES FEATURING THE OTTAWA RAPIDZ:

LAST NIGHT'S RESULT

OTTAWA 6 Quebec City 2

TONIGHT'S GAME

Quebec City at OTTAWA, 7:05

EURO 2008

GROUP A

	W	L	T	GF	GA	PT
X-Portugal	2	1	0	5	3	6
X-Turkey	2	1	0	5	5	6
Switzerland	1	2	0	3	3	3
Czech Rep.	1	2	0	4	6	3

GROUP B

	W	L	T	GF	GA	PT
X-Croatia	3	0	0	4	1	9
X-Germany	2	1	0	4	2	6
Austria	0	2	1	1	3	1
Poland	0	2	1	1	4	1

GROUP C

	W	L	T	GF	GA	PT
X-Netherlands	2	0	0	7	1	6
Romania	0	0	2	1	1	2
France	0	1	1	1	4	1
Italy	0	1	1	1	4	1

GROUP D

	W	L	T	GF	GA	PT
X-Spain	2	0	0	6	2	6
Sweden	1	1	0	3	2	3
Russia	1	1	0	2	4	3
Greece	0	2	0	0	3	0

(X - clinched quarter-final spot)

YESTERDAY'S RESULTS

Croatia 1 Poland 0
Germany 1 Austria 0

TODAY'S GAMES

Netherlands vs. Romania, 2:45
France vs. Italy, 2:45

LOTTERIES

Ontario Pick 3	8 7 4
Ontario Pick 4	5 0 3 7
Encore	4486489
Daily Keno	1, 2, 6, 8, 12, 18, 19, 22, 30, 32, 38, 42, 44, 54, 58, 59, 64, 65, 66, 67.

Results not official

NBA

Yao set to return in July: Report

INJURIES Yao Ming will make his return from foot surgery to play for China against Iran in next month's Stankovic Cup, local media has reported.

The Houston Rockets centre had his NBA season cut short by a fractured foot in February. He had hoped to return in time for the Beijing Olympics. REUTERS

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METRO NEWS SERVICES

savings accounts/interest rates

Dreaded student debt

Ways to survive paying it all back

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As we enter into the summer season, a flock of fresh-faced college and university graduates are embarking on the world — they have big dreams, high spirits and piles of debt.

Sound familiar? If you're a graduate of higher education we have faith you can put a plan into action to get rid of that debt and start making the money you deserve!

KNOW WHAT YOU OWE: Knowing how much you owe is the first step in taking control. To track your student loan, log on to the Human Resources Development Canada website (*hrsdc.gc.ca*), which will tell you exactly how much you owe and when you are required to start repayment. Also, if you have a Federal Student Loan, you may be eligible for Debt Reduction in Repayment (DRR), a measure designed to help if you have long-term financial difficulties.

Keeping track of how much you owe is the first step in taking control.

MAKE EXTRA PAYMENTS: In B.C. alone, student loans range from a floating rate of prime plus 2.5 per cent or a fixed rate at prime plus five per cent. To avoid paying your student loan for the next 15 years, try making extra payments every year towards that loan. This doesn't have to be a huge chunk of money, but even if you start putting away an extra $100-$200 each month, you will have $1,220-$2,400 to put towards your student loan, decreasing the amount of years left to contribute. Treat your student loan like any other type of debt you may have. The faster you pay it down, the faster you can free up your money for more fun and lucrative things.

CONTACT A FINANCIAL PLANNER: Whether it's lowering the interest rate on your student loan or consolidating your student loan with other debt you may have to a lower interest rate loan, it's worth meeting with an expert to find out your best options.

We love hearing from you, if you have questions for the Smart Cookies or want to share your confessions, please e-mail *smartcookies@metronews.ca*.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit *smartcookies.com* for more tips.

Baby steps for your RRSPs

MONEY MATTERS
HENRY CHOO CHONG
choochonghcga@yahoo.ca

Q My wife and I are in our mid-30s and have no children. My wife is employed and I am self-employed. Neither she nor I have pension plans. How much should we set aside for retirement?

- ROBERT AND KIM

A One person's "shack" is another's castle. How much of a nest egg an individual needs for retirement depends entirely upon the lifestyle they want.

Statistics have shown the average Canadian male lives to 78 years old and women to 81. Government CPP and OAS will not fund your retirement. Individuals with no private pension will have to save more.

Surveys have shown the average Canadian would be content with about $3,300 per month of retirement income. In today's dollars, an individual may need approximately $1 million to service 20 years of retirement.

The dollar amount can be scary and discouraging to many young people. Therefore, set small objectives. For example, young adults can start by deducting $150 each paycheque directly into an RRSP. Each annual salary increase dedicate 25 per cent more to your RRSP and so on. Your golden years could truly be golden.

Henry Choo Chong, CGA, can be reached at: 416-590-1728 Ext.304. E-mail Money Matters: choochonghcga@yahoo.ca.

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Sex & the single

Author looks at women who won't settle

In spite of the mitigating effects of Manolos and martinis, being single in the city isn't always easy.

That's why Liz Tuccillo, a writer and single girl with a few bad dates in her back pocket, wrote a book called How To Be Single.

Tuccillo knows the subject matter. She spent two years as a staff writer for the now legendary TV series Sex And The City, and also co-wrote the 2004 book, He's Just Not That Into You, which hit bestseller lists globally and inspired a movie set for release this year. It will star Ben Affleck, Jennifer Aniston and, in a cameo, Tuccillo herself.

The author's latest book — a novel — tells the story of a New York singleton who travels the world talking to women about how they manage to live alone and like it.

"I had a few more stories to tell after Sex, stories I wanted to get off my chest," says Tuccillo on the phone from New York. "The book is a little bit of a darker viewpoint on being single, a less glamorous version of being single."

Q What's your romantic situation?

A I'm still single. I just started dating someone. It's new.

Q How old are you?

A I'm 45. Oh my God, it takes my breath away when I say that.

Q How much of How To Be Single is autobiographical?

A I did travel around the world to do research. But I didn't fall in love with a French man, though I did hear a lot of stories.

Q Why was it necessary to get out of New York?

A I felt like I could learn a few things. I felt like it was a fascinating topic to hear what everybody else was saying. I was inspired by something that happened while I was in London doing interviews for He's Just Not That Into You.

We took calls from India. A single woman called. She had read the book and had cast aside the idea of arranged marriage. She decided against it and was out there, single and dating. She told the story of a boyfriend who made her pay for everything. I asked how arranged marriages seem now, and she said "They're looking better and better."

I thought: "What's going on everywhere else? Who is doing it better?" It became a fascinating idea.

Q Are there common elements in the lives of single women around the world?

A Women want to meet somebody. They're hoping to meet a partner. But I heard very often that they'd rather be alone than in a bad relationship. They'd rather be alone than settle.

Q Why?

A I think it's because women started working and making money. They stopped needing men to take care of them so they raised the bar as to what they needed from a man — it became about love.

Q What did you personally learn from your travels?

A I learned that the culture you live in definitely affects how you view your singleness. Therefore, if it's just a state of mind, you can adjust your own attitude.

I sometimes think of myself now as an Icelandic woman. I met an Icelandic woman and asked what advice she would have for single women. She said: "Be strong. Don't cry."

But then, I also think, maybe I'll be a French woman, who always has pride and dignity in her dating. It's ingrained in French women from the time they're very young.

TORSTAR NEWS SERVICE

TORSTAR FILE PHOTO

Liz Tuccillo, co-author of He's Just Not That Into You (now a film), examines global women in her new book How To Be Single.

dating jungle» will return...

»news In Brief

» **WEBSITE** Amy Cross, a former Chatelaine magazine health editor, recently launched a collaborative blogging site called Women Want Answers (*www.women wantanswers.com*). Described as "participatory journalism," the site allows women to ask questions, suggest stories and contribute reporting.

» **SMOKING** Men with low levels of vitamin D have an elevated risk for a heart attack, researchers said recently in the latest study to identify important possible health benefits from the "sunshine vitamin." In the study, men classified as deficient in vitamin D were about two and a half times more likely to have a heart attack than those with higher levels of the vitamin.

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Oral Cancer Detection...It Just May Save Your Life

Unfortunately, everyone of us has probably been touched by cancer at some level. Many of us wind up motivated by this personal connection to participate in one of the various fund raising events that take place at this time of year. We will walk, run, jog or do something to help end breast cancer, prostate cancer or some other devastating form of the disease. **To those of you who participated, our sincerest appreciation for your efforts!**

At this moment of great pride in what you were a part of, we would like you to think about what else you can do to **protect yourself from cancer...specifically oral cancer.** With the help of a breakthrough product call **Vizilite Plus**, your dentist can help you protect yourself from oral cancer.

Vizilite Plus uses a combination of a cleaning solution and a specially designed light **to help locate potentially cancerous lesions in your mouth.** The rinsing solution adheres to the lesions causing them to appear coloured when the **Vizilite Plus** light is used. This way, **lesions that might not be visible to the naked eye** can be located at a much earlier stage.

It is the potential for **early detection that makes Vizilite Plus such an attractive product.** Like any other form of cancer, survivability rates are much higher amongst those who receive an early diagnosis.

Healthy Habits Lead to Healthy Lives
Dr. Peter Georgopoulos Dental Surgeon

But early detection is the problem. Seventy percent of the people diagnosed with oral cancer receive their diagnosis at a later stage. As a result, **while the mortality rate for many other forms of cancer has been declining, it has remained constant for oral cancer.**

It is hardly surprising to discover that smoking increases the risk of oral cancer. So too does regular consumption of alcohol. However, even non-smokers, non-drinkers over the age of 40 are at increased risk.

We recommend that anyone who is at increased risk have an oral examination with **Vizilite Plus** once per year. **Vizilite Plus** may be one of the best tools available to reduce the risk of a late diagnosis of oral cancer. However, it can only help if you visit your dentist.

An annual examination with **Vizilite Plus** could save your life. So take that first step and contact your dentist to schedule an appointment. Don't be afraid to ask your dentist if s/he uses **Vizilite Plus**... because screening for oral cancer is a healthy habit... and healthy habits lead to healthy lives.

Restroom rows

HINESIGHT
ANNE HINES

This morning I've come face to face with one of the unhappy truths of life.

You can't blame the opposite sex for everything. Most of the time, we would really like to do this. Women would like to blame men for everything from world wars to water retention. Men would like to blame women for the existence of such things as hygiene and greeting cards.

What I wanted to blame men for today was a comment by my friend, Rob. Rob said, and it pains me to share this, he said, "I don't see why we need more public washrooms."

We all know that small boys grow up believing there's an invisible men's room sign on every shrub and back alley. Mothers of small girls on the other hand see the end of diaper wearing as the beginning of "now we have to find a washroom every 20 minutes." We also know that the length of time between when a toddler lisps, "I have t'gooooo," and when they do is 12.68 seconds. I shed most of my postpartum weight chasing down grocery clerks to beg for "the key" or sprinting through department stores schlepping a 20 pound child, trying to make it to the women's room, always conveniently located at the far end of the upper floor in the very back section.

For adult women, washroom access isn't much easier. At a recent concert, the line to use the women's room was out the door, down the aisle, onto the stage. The men's room appeared to have no takers at all. I said there ought to be another women's room. Rob suggested that perhaps men are just more efficient.

That doesn't mean he's insensitive. It did mean he had to walk home.

It's a fact of being human that if we don't need something, we don't always accept that anyone else needs it either. This applies to everything from religion to Botox. When it comes to washrooms, all women want is time, a reasonable level of cleanliness and a sense that this is intimate space. I don't know why men don't get this. We've been saying the same about sex for ages.

In the end, I think the real challenge is to stop thinking we all need the same things and start listening to what we tell each other we need. I don't know if this will get us more washrooms. I do know it would be a relief.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Advertising Feature

EXPERIENCE *Korean Sparkling Culture*

Korea Sparkling

With more than 5,000 exciting years of history to draw upon, it is no surprise that Korea has such a magnificent wealth of culture to offer visitors.

Korea's amazing past fuels the vibrant passion of its people to the tune of more than 400 festivals and events every single year celebrating cuisine, arts and crafts from across the country. With a strong base of national government support, many of Korea's largest festivals are world-renowned for their outstanding cultural value and ability to entertainment discerning travellers.

The Andong Mask Dance Festival, held from Sept. 26 – Oct. 5, offers a unique opportunity to experience one of Korea's cultural touchstones, highlighted by beautiful costumes and dances.

The city of Andong is Korea's centre of Confucian culture and folk traditions and one of the few remaining examples of the Joseon Dynasty. The festival is a truly international event which offers a chance for visitors to witness and even participate in traditional mask dance while interacting with residents who still live in this traditional village.

The Gangjin Celadon Cultural Festival, held from Aug. 9 – Aug. 17, is an outstanding celebration of traditional celadon pottery making and admission is completely free. Visitors can make their own celadon pottery while learning about the art's history by visiting the region's highly-regarded Celadon Museum. Tea houses and restaurants are in amply supply, ready to soothe the stomachs and souls of travellers.

A boisterous celebration of Buddha's birthday, the Lotus Lantern Festival is a large and colourful international extravaganza encompassing parades, lantern-making workshops and exciting street festivals. The enormous festival usually takes over the entire centre of downtown Seoul and draws revellers from around the world. Reserve your travel plans early to make sure you'll join in the fun!

For true connoisseurs of design and crafted arts, the Cheongju International Craft Biennale 2009 will exhibit the greatest achievements in craft culture and design from around the world. Cheongju is noted as the place where major artisans from the worldwide craft industry showcase their work for the public and reveal the newest trends for the coming year. With a multitude of exhibitions, workshops and demonstrations of craft artisanship, the Cheongju Internation Craft Biennale 2009, open from September to November, is an event not to be missed by lovers of culturally important arts and crafts, particularly as Canada will be the featured guest country.

Korea's vibrant and joyful culture is given life by more than 5,000 years of rich history and the kind, playful spirit of its people – make sure you experience it.

Question: **What event in Korea allows you to experience Korean arts and crafts but also those from around the world in 2009?**

A1: Lotus Lantern Festival 2009
A2: Boryeong Mud Festival
A3: Cheongju International Craft Biennale 2009
A4: Geumsan Insam (Ginseng) Festival

Read the story above, then answer the contest question by visiting www.metronews.ca/ottawa/win

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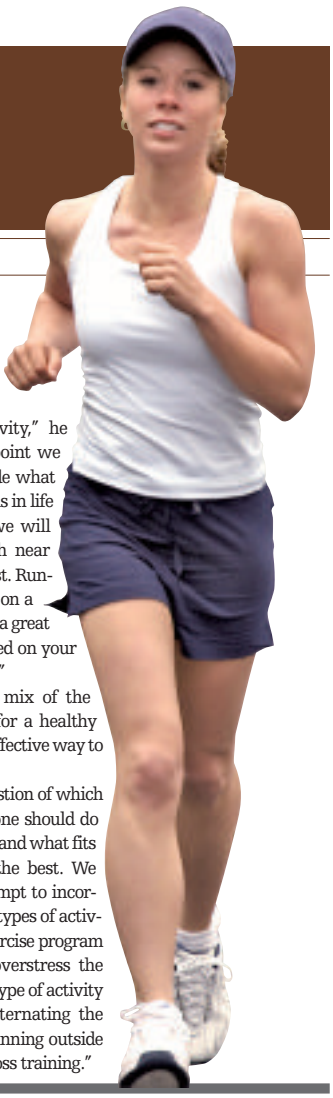

Health benefits of using a treadmill or going for a jog

By **BRIAN TOWIE**
for Metro Ottawa

What's better, running on a treadmill or going out for a jog? It's one of the simplest ways to get in shape, but weighing the pros and cons of these two ways of getting on the good foot can be as irritating as shin splints. It all comes down to what you want to accomplish with your run, both professionals and recreational runners agree.

"There are definitely benefits to both," says Mike Bates, managing director of Human Kinetics Canada and presenter at Can-Fit-Pro. "The treadmill can be easier on the joints since most treadmills are going to have less impact on the body and the design of the treadmill itself. It's also a great way to pace yourself since you can set a specific speed and attempt to keep pace. You can also increase the intensity level of the treadmill by increasing the incline."

Joe Kenny, head therapist at Brock University's Athletic Therapy Clinic, says the treadmill is especially ideal for beginning runners who want to monitor their target heart rate. The risk of injury is also significantly less, adds Kenny, though people who frequently suffer leg and lower back pains will find a treadmill's hard surface has virtually no give compared to natural terrains.

"It's best to run on the softest surface possible, such as wood chips and grass," said Kenny. "In that sense, I would say going outside is better, but it also depends on your treadmill. Most fitness clubs have pretty high-level ones."

The major downsides to treadmills beyond a hard surface, runners say, are boredom and privacy. Recreational runner Patrick Stark says he hits the pavement five days a week because he enjoys the scenery.

"One of the things I really enjoy about running is being outside, a treadmill makes no sense to me from that perspective," he said. "I run all year in any weather. I also enjoy the solitude of running on my own, something you're not going to get if you're in a gym surrounded by 30 other people on treadmills."

Bates adds balance can be an issue, but it's usually overcome after the first few times a runner uses a treadmill. He also acknowledges the existence of treadmill tedium, but says this is no reason not to get healthy.

Running on a treadmill can be easier on the joints, but you might be less bored jogging outdoors instead.

"In my experience we have excuses for not doing just about any activity," he said. "At some point we all need to decide what is important to us in life and hopefully we will place our health near the top of that list. Running or walking on a treadmill can be a great way to get started on your fitness program."

Bates says a mix of the two can make for a healthy routine and an effective way to get in shape.

"It's not a question of which is better. Everyone should do what they enjoy and what fits their schedule the best. We should also attempt to incorporate different types of activities into our exercise program so as not too overstress the body doing one type of activity all the time. Alternating the treadmill and running outside is one way of cross training."

Fitness fun for all

alive

From the editors of alive magazine; alive.metro@alive.com

In our busy, hectic lives, both family time and fitness time may get shuffled to the bottom of our to-do lists. But maintaining good health and spending time with our families are essential to stress relief, longevity, and truly enjoying life. What's the solution? Turn family time into family fitness time!

Remember that any activity your family chooses can be an opportunity to build relationships and maintain good health. Work as a team to come up with a list of different fitness activities that accommodate everyone's schedules on a regular basis.

»**SWIMMING:** There aren't many kids who don't like to swim — in fact, you might find the hard part of taking your kids swimming is getting them out of the pool. Once you're all in the water together, the options are endless. Each of you can take turns deciding what to do next. Mom might pick running laps in the shallow end, while Dad might choose a treading water contest.

An hour of swimming can burn up to 300 calories, gives all the major muscle groups in your body a good workout, and is great exercise for your heart and lungs.

Swimming is a great way to ensure everyone gets some exercise while having fun.

»**WALKING & HIKING:** How about an activity that costs very little and doesn't take specialized skills or equipment? All you need is a good pair of walking shoes for each family member, a backpack or two, water, and some snacks. Most communities offer green space where families can enjoy walks in the woods or other natural terrain.

Walking can burn up to 100 calories per hour and works the cardiovascular system while toning and strengthening the legs.

»**CYCLING:** It's wonderful to see that many communities are now paving over old railway tracks and canal towpaths into traffic-free, family-friendly cycling routes. Older and younger children will love the freedom of being able to bike as fast or slow as they like without worrying about car traffic.

Cycling improves cardiovascular fitness, keeps muscles strong and toned, and burns several hundred calories per hour.

alive is a natural health and wellness magazine. Visit alive.com for more.

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entertainment

Heroes actor Christopher Eccleston will team up with Hilary Swank, left, in new movie Amelia, which tells the story of aviation pioneer Amelia Earhart. FEMALEFIRST.CO.UK

The sounds of alienation

MARK MARYANOVICH PHOTO

Slimming Mirrors, Flattering Lights, The Awkward Stage's new album, was released last week.

The Awkward Stage has message we can all relate to

By **ROB MCMAHON**
for Metro Ottawa

Contemporary pop culture is packed with conceptions of awkwardness: the Office's satire, the romance of emo or the aw-shucks of John Hughes films.

Shane Nelken — singer-songwriter in Vancouver's The Awkward Stage — loves them all.

"Awkwardness is always there. No matter how confidant people seem, there's some scenario that can make their confidence totally end," said Nelken, who is joined on the new album by bandmates Tygh Runyan, Tony Koelwyn and Chris Mitchell. "Too often youth is sentimentalized in songs and pop culture as a glorious time, but I think it was a horrible time."

Nelken's perspective on awkwardness envelops his work. His debut album's cover featured a headgear-sporting Nelken perched beside a blow-up doll. Anime Eyes, a track off Slimming Mirrors, Flattering Lights, references Otaku, a subculture of disaffected Japanese youth that science fiction author William Gibson described as "pathological-techno-fetishist-with-social-deficit" and Nelken as are "disconnected from reality and instead their life is all virtual — that's their world."

Despite generally sounding happy, the new record touches on a consistent theme of alienation and disconnection. For example, the title refers to the effect a strong set has on a photo shoot — a situation also brought up in the song Only Good Days Caught on Camera. Nelken explained that the idea behind such images was that managing appearances often doesn't address root problems, instead just making things look OK.

"I didn't set out to make a concept album, but most of the songs, if not all of them, deal with things being not quite what they seem," he said. "[They all cover] some form of delusion."

Philosophy aside, in a musical sense Nelken draws inspiration from pop outsiders like Nick Lowe. While such artists stuck to the genre's focus on melody, they also wrote lyrics and music that subverted predictable formats. At the same time, Nelken is conscious of the danger of sounding too clever.

"Nick Lowe (shows that) just because something has a pop melody doesn't mean it has to be devoid of substance," he said. "There's so much punk rock energy running throughout every one of (Lowe's) songs that make it heavier than some punk in a lot of ways."

on tour

» The Awkward Stage plays Ottawa's Irene's Pub on July 5.

Takei to pick up marriage licence

Takei

Former Star Trek regular George Takei will become one of the first gay people to receive a marriage licence when the historic documents are handed out tomorrow across California, *imdb.com* reports.

The actor announced his plans to wed longtime partner Brad Altman the day after new legislation overturned a ban on same-sex marriages in the state last month. He'll be among hundreds of gays and lesbians who will mark the first day of the ruling by accepting a marriage licence.

METRO NEWS SERVICES

Lynn Spears book coming in fall

Spears

Before the news of 17-year-old Jamie Lynn Spears' pregnancy broke, her mom was in the process of shopping around a parenting book, InTouchWeekly.com reports.

Lynne Spears has taken the project off hold and is said to be releasing the memoir this fall. The book, Through the Storm: A Real Story Of Fame And Family In A Tabloid World, will focus on what it was like to raise two famous children.

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Actress Eva Mendes, right, is in talks to star opposite Nicolas Cage in Werner Herzog's remake of the 1992 film Bad Lieutenant.

EW.COM

movies

Happening bests Hulk overseas

BOX OFFICE Overcoming mixed overseas reviews and the European soccer championships, The Happening edged out The Incredible Hulk as the weekend's No. 1 title internationally, grossing an estimated $32 million from 5,714 screens in 88 markets. Worldwide, The Happening in its opening weekend scored $62.5 million.

television

Bateman signs development deal

BEHIND THE SCENES Jason Bateman has inked a first-look deal with 20th Century Fox TV. Under the one-year pact, Bateman will develop projects for the studio through his F+A Prods. banner. REUTERS

Refreshing but not joyous

DVD REVIEWS
RICK McGINNIS
rick.mcginnis@metronews.ca

Control/Joy Division

Stars: Ian Curtis
Distributor: Alliance DVD

ALLIANCE IS PACKAGING these two films together, but one day they'll probably be available in a single, Criterion-like edition, to provide an almost definitive take on Joy Division, the band, and Ian Curtis, their tragic lead singer, as they were regarded just over 25 years after the band, and the man, ceased to exist.

In any case, if you want one, you'll probably want both. Photographer Anton Corbijn focuses on the personal side of Curtis' tragedy by basing the movie on the book written by his widow after his death. It's a refreshing shift in perspective from the one that prevailed among his fans for so many years after Curtis hung himself on the eve of the band's first U.S. tour in 1980 — one that made Curtis the ultimate punk nihilist, taking "we mean it, maaan!" to the logical conclusion for the author of some of the most despairing lyrics ever set to music.

Corbijn's movie shows that a youthful, impulsive marriage, an affair, and the side effects of epilepsy medication were the more concrete, banal sources of Curtis' emotional turmoil, and the director dramatizes is all in an austere, black-and-white style that evokes British kitchen sink drama of the '60s. Grant Gee's Joy Division broadens the picture wider, putting Curtis and his band in the context of northern England in the '70s, using a combination of archival footage and interviews with Curtis' bandmates and contemporaries and Annik Honore, his girlfriend. The documentary does a great job evoking not just the particular political entropy in England at the time, but the tired, shopworn, pre-apocalyptic feel of the late '70s in general, which was such fertile social ground for the bleakness that inspired Curtis, both creatively and personally. More painfully, it details how everyone around him completely misread the obvious signals he was given, either by misinterpreting it as mere art, or through stoic northern male emotional indifference.

Fool's Gold

Stars: Kate Hudson
Distributor: Warner Bros. DVD

THE ONLY THING there's too little of in Fool's Gold is wardrobe for Matthew McConaughey, who spends most of this busy but curiously flat romantic adventure film shirtless in the Caribbean sun. Actually, it's really the Australian sun, just one of several curious substitutes in a film where an Englishman plays an American, a Canadian plays and Englishman, and a Scotsman plays a Ukrainian.

Too much plot and too many characters make Fool's Gold feel cluttered but not busy — a hectic but unrewarding story that feels too much like an overprogrammed package vacation.

more online

» For reviews of Californication: The First Season, Be Kind Rewind and Popeye The Sailor Volume 2, please visit *metronews.ca*

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IDIOT BOX

RICK McGINNIS

rick.mcginnis@metronews.ca

SO DEMANDING: Single or childless people can attest to the transformation that often overtakes their friends when they have kids — an overwhelming urge to update you on their latest parenting adventures that's both obsessive and boring, and can only partially be blamed on a chronic sleep deficiency that, as the medical textbooks tell us, can lead to psychosis.

During the first few months of their baby's life, parents are often grateful for those moments, late at night, when they can unwind in front of the tube, their baby asleep on their shoulder, but as soon as it's obvious that junior has noticed the TV's magic diorama, the anxiety begins, prompted by studies — printed monthly in every parenting magazine — that inform us that just three hours of TV watching a week in the first two years of a child's life will irrevocably damage their chances of getting a scholarship to Yale law school.

These studies get trotted out on cue in a piece by Joanna Weiss in Sunday's Boston Globe, but only after the writer gets anxious over the much harder-to-quantify effect that DVRs and video-on-demand will have on vulnerable young minds. Weiss begins by waxing nostalgic for the TV of her youth, a life lived "beholden to the television schedule," where she had to watch what was on, only when it was on, and had to suffer through Charlie's Angels reruns after school, because she probably didn't have much a few hundred cable channels to choose from or a hard drive full of TiVo'd shows.

What Weiss seems to have forgotten is that this Edenic world flat out sucked — I know because I was there, too. Given the choice between trawling up and down the vast expanse of digital cable until I find something to kill an hour or two — usually the Military Channel or Alton Brown touring diners and truck stops on Food — and a quick circuit of less than a dozen channels that inevitably leads to The Love Boat, I'll take the former.

Weiss recounts the awkward conversation she has with her four-year-old whenever the kid asks to see something that isn't either on the DVR's hard drive or available on demand. I've had that conversation, which Weiss doesn't seem to be able to see as an expression of a child's concept of the eternal now. Time and all its existential implications will impress itself soon enough on her child's mind. Weiss worries, nonetheless that her child is "missing something if she isn't forced to wait for precisely what she wants."

I sometimes think that this inevitable parental recourse to wailing "What about the children?" has been as effective a form of non-pharmaceutical birth control for the childless as kids-eat-for-free nights at restaurants.

Weiss' worries about being able to pause a show or choose what you want to watch when you want are only valid if you think that bookmarks and libraries have made reading an activity full of potentially damaging side effects. And if you're so worried, maybe now's the time to go all Amish and kick the TV to the curb — if you dare.

Rick McGinnis writes about music, movies, books and television, but not opera.

ER producer turns from docs to cops

ER series writer/producer John Wells has set up a new drama series project at the network — an ensemble cop show called LAPD.

REUTERS

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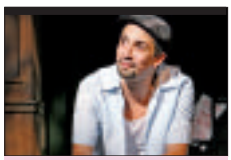

JOAN MARCUS

Lin-Manuel Miranda in a performance of In The Heights, winner of the Tony Award for best musical.

tony awards

Following are selected winners from Sunday night's 62nd annual Tony Awards:

» Best Play: August: Osage County

» Best Musical: In The Heights.

» Best Revival Of A Play: Boeing-Boeing.

» Best Revival Of A Musical: South Pacific.

» Best Original Score: In The Heights, Lin-Manuel Miranda

» Best actor, play: Mark Rylance, Boeing-Boeing

» Best actress, play: Deanna Dunagan, August: Osage County

» Best actor, musical: Paulo Szot, South Pacific

» Best actress, musical: Patti LuPone, Gypsy

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Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265	353	2	TVO	Parks	Canadian Rivrs	The Agenda With Steve Paikin		Fields of Gold		Design e2	Design e2	Agenda-Paikin
211	331	3	GTV	ET Canada	Entertainment	Deal or No Deal (iTV) (N)		In Plain Sight "In Plain Sight" (N)			'Til Death	News (N)
-	-	5	SRC	Des squelettes	Tout le monde	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal (N) (SC)		La Zone
209	342	6	CHRO	Wheel-Fortune	Degrassi: Next	Monk		America's Got Talent (Season Premiere) (N)				News (N)
196	311	7	CTV	eTalk	Jeopardy! (N)	The Moment of Truth (N)		Canadian Idol (N)		Law & Order: SVU		News (N)
208	303	8	CBC	Coronation St.	Just-Gags	Rick Mercer	22 Minutes	Ron James: West Coast Wild		CBC News: The National		The Hour
-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Deal or No Deal (iTV) (N)		America's Got Talent (Season Premiere) (N)				News (N)
117	713	10	TVA	Les Anges de la rénovation		Km/h (SC)	Caméra café	La Grande Évasion (HDTV)		TVA 22 heures	Sucré-salé	Vice caché
-	-	11	QS	Ste-Madeleine	Chemin du golf	Mission: impossible 2 ★★★ (2000, Action) Tom Cruise. (SC)				Cent dix pour cent (SC)		Journal du soir
137	763	12	TFO	Panorama	Visages	Des yeux pour parler		La Cérémonie (1995, Drame) Isabelle Huppert.				Super plantes
-	362	13	CBS	Dr. Phil		AFI's 10 Top 10 The institute counts down 10 films in each of 10 genres. (N)						Two/Half Men
216	395	14	OMN2	Law & Order: SVU		News (N)		News (N)		King	King	Cold Case
214	344	15	CITY	Friends	Hollywood	Friends	Friends	Hell's Kitchen (N)		Entourage	Role	News (N)
115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
218	345	18	CH	The Insider (N)	E! News	AFI's 10 Top 10 The institute counts down 10 films in each of 10 genres. (N)						News (N)
-	361	20	ABC	News (N)	Entertainment	Jimmy Kimmel	NBA Count	NBA Basketball Finals Game 6 -- Los Angeles Lakers at Boston Celtics.				
512	396	24	CPAC	Revue Politique		L'Heure politique		La Période de questions		Revue Politique		Heure polit.
651	355	25	CTS	Full House	Facts of Life	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
-	365	36	FOX	TMZ (N)	Seinfeld	The Moment of Truth (N)		Hell's Kitchen (N)		News (N)		News
-	-	64	PBS	Business Rpt.	Beijing-Ready	Nova (HDTV) (DVS)		Frontline "Young and Restless in China" (N) (DVS)				Tavis Smiley
205	312	104	CTV	Hollywood	eTalk	The Moment of Truth (N)		Canadian Idol (N)		Law & Order: SVU		News (N)
502	390	26	NW	News (N)	Newman	The Hour		CBC News: The National		Between the Laughter		National
500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
406	417	27	net	Billiards: U.S. Open Nine-Ball		MLB Baseball Toronto Blue Jays at Milwaukee Brewers. From Miller Park in Milwaukee.						Sportsnet Con.
126	730	28	RDI	Dominique Poirier en direct		Grands reportages (SC)		Le Téléjournal (SC)		Le Club des ex	Le National	Le Téléjournal
400	280	30	TSN	SportsCentre	Euro Today (N)	NBA Pregame	NBA Count	NBA Basketball Finals Game 6 -- Los Angeles Lakers at Boston Celtics.				
410	403	52	SCR	Canadian Open Poker Champ.		EPL Retro		Football Factories		Score Tonight		The Spin
411	457	56	OLN	Exploration	Videos	Survivorman		Odyssey	Surf Patrol	Adventures	Strand-Peters	Pilot Guides
417	406	59	SC	Pinks (HDTV)	Pass Time	Am. Thunder	Am. Thunder	Street Tuner	Low Life	Super Bikes!	Super Bikes!	Pinks (HDTV)
554	544	48	TEL	George-Jungle	Scooby-Doo	Scooby-Doo	6teen	Total Drama	Futurama	Superman II (1980, Science Fiction)		
557	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
551	542	65	YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach		Mystery Hnt.
570	580	29	MM	mmmtop	Uncovered	Listed		Fabulous Life Of...		Hogan Knows	Hogan Knows	Listed
615	520	31	A&E	CSI: Miami "Tinder Box"		The First 48 (HDTV)		The First 48 "Silenced"		CSI: Miami (HDTV)		CSI: Miami
628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: NY
521	560	34	TLC	The New Detectives		48 Hours: Hard Evidence		48 Hours: Hard Evidence		48 Hours: Hard Evidence		48 Hr-Evidence
145	761	35	TV5	Toute une histoire		Pékin express "Saïnchand"			Fourchette et sac à dos		Arrière-scène	Journal TV5
616	521	39	SHO	ReGenesis (HDTV)		Blue Murder "Payback"		Trailer Park	Kenny-Spenny	CSI: NY "Silent Night"		House
620	523	40	BVO	Bazart	Bravo!Videos	The Singing Detective ★★ (2003, Drama), Mel Gibson				Chantal Kreviazuk Live		Law & Order
520	505	42	DIS	Daily Planet		How It's Made	How It's Made	Smash Lab		Deadliest Catch (N)		Daily Planet
575	583	43	CMT	Chevy Cross Canada		Beyond Chance		Reba	Hope & Faith	Home Improve.	Roseanne	CMT30
601	562	45	SLC	Women on Top	Til Debt-Part	Nearly Dead	Matchmaker	Superstar Hair Challenge (N)		Plastic-Perfect	Rocker Moms	Nearly Dead
625	548	46	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	MADtv		Daily Show
294	529	47	TBS	Family Guy	Family Guy	MLB Baseball Atlanta Braves at Texas Rangers. From Rangers Ballpark in Arlington, Texas.						Seinfeld
600	564	49	H&G	House Hunters	Buy Me	Designer Guys	Design Inc.	Colin & Justin's Home Heist		Green Force	Outside	Colin & Justin
627	528	50	SPC	Stargate SG-1 Robots.		Star Trek: Voyager		Blood Ties (DVS)		Battlestar Galactica		Stargate SG-1
581	566	53	MTV	MTV e2	Cribs	4REAL	MTV e2	Shot at Love-Tila Tequila		Shot at Love-Tila Tequila		MTV Live
618	524	54	TROP	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
522	506	55	HIS	NCIS "The Weak Link"		Digging for the Truth		Finding the Fallen		NCIS "The Weak Link"		Crime Stories
129	773	60	CD	Biographies "Paul Vincent"		Science de l'incroyable (HDTV)		99 histoires de...		Autopsie		Vidéo
261	394	61	V	Murder, She Wrote		Eyes Down	On the Buses	Quantum Leap		Jozi-H "Crush"		Mysterious
602	567	62	W	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	Good Naked	Good Naked	Maxed Out
269	350	70	APTN	Wilpogwad	La Course	Regards	Presserebel	Guides	Tears	Kanata		Suaangan
621	527	71	TLK	Look-A-Like	Hollywood	TMZ (N)	eTalk	Scoring With the Stars (N)		The Tonight Show-Jay Leno		eTalk
603	561	95	FN	Boy Grill	Licence to Grill	Restaurant Makeover		Chef School	At the Table	Feasting on Asphalt		Restaurant

critics'corner

Style by Jury: Where Are They Now

An easy way to come up with a few hours worth of television, "Where are they now?" specials are always of interest to viewers. In this case, host Bruce Turner of "Style by Jury" visits past participants to see if they kept up with fashion and are happier with their lives. Special jury members — unnamed at this writing — are chosen to see the before-and-after looks. 8:30 PM on 62 W

Hell's Kitchen

Pregnancy does strange things to many women's taste buds; one may crave pickles and ice cream, while another finds herself unable to stomach a food she's always loved. So imagine cooking for more than five dozen expectant moms. That's the challenge in this new episode: to prepare a luncheon for 80 — count 'em, 80 — pregnant women. The contestant who prepares the dish they like best gets a $1,000 shopping spree; the losers get to clean up. 9 PM on 15 CITY

celebritybuzz

Baby in black

Gwen Stefani and husband Gavin Rossdale are painting their new baby nursery black, femalefirst.co.uk reports.

Rossdale, who already has a two-year-old son, Kingston, with Stefani, has revealed the couple are shunning traditional pastel shades in favour of a gothic theme.

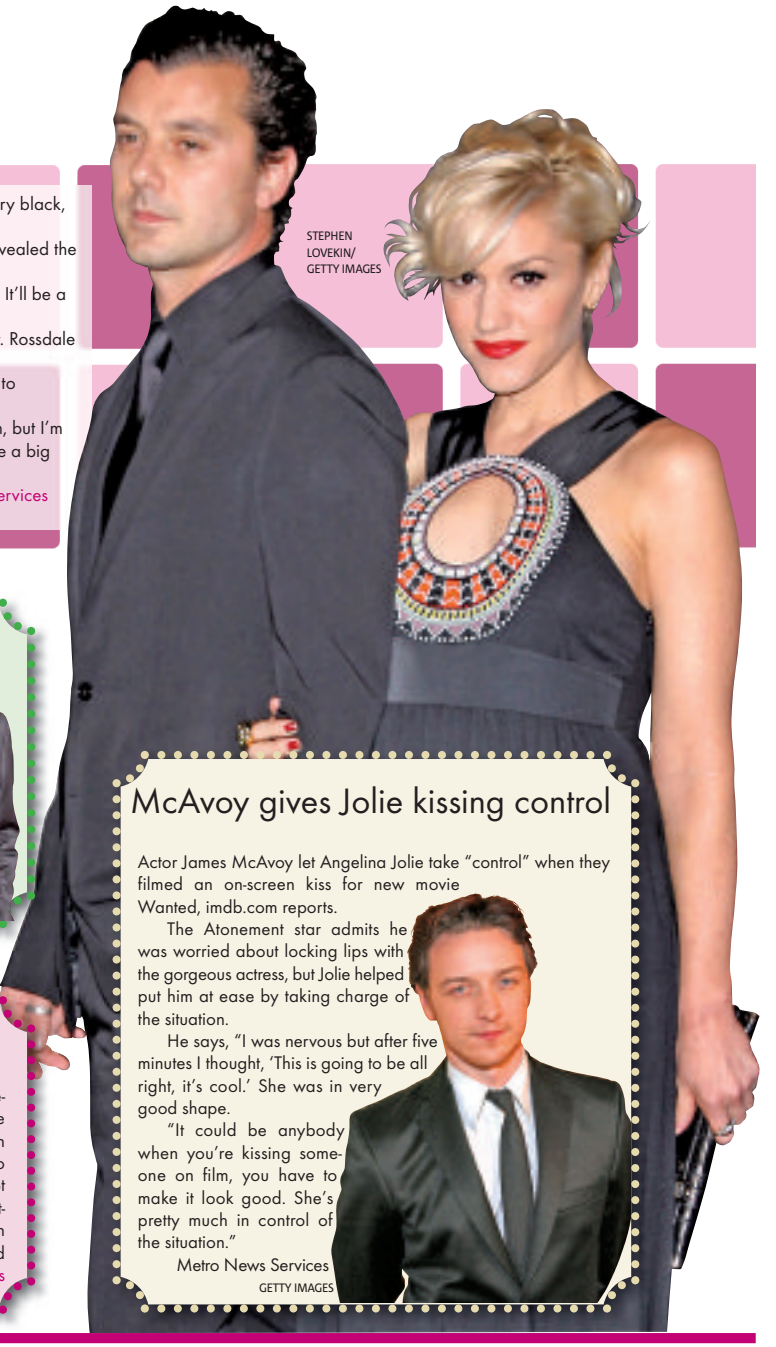
The rocker told America's OK! magazine: "We are going to put him in a black room. It'll be a goth baby so it doesn't matter if it is a boy or a girl."

Despite being tempted, the couple still haven't found out the sex of their unborn baby. Rossdale said: "We don't know if it's a boy or a girl yet."

The British musician has also revealed he and Stefani are having difficulty explaining to Kingston that he will soon have a younger brother or sister.

He said in an interview with website bild.de: "We try to explain the pregnancy to him, but I'm not sure if he understands what's going on. I think the birth of the new baby is going to be a big shock for Kingston!"

Metro News Services



STEPHEN LOVEKIN/ GETTY IMAGES

Rhys enjoys being single again

Actor Rhys Ifans is in great spirits following his split with ex-fiance Sienna Miller, according to his co-star Talulah Riley. According to imdb.com, the St. Trinians star, who has been filming new movie The Boat That Rocked with Ifans, insists the Welshman is enjoying being single again – despite recent tabloid speculation he has been seen weeping on the film's set. Riley says, "I don't know what's been in the papers but he was laughing and joking all the time on set. He was just one of the lads, you know. I didn't notice him down or anything."

The couple allegedly parted ways earlier this month, with Miller reportedly dumping Ifans by phone. Metro News Services

GETTY IMAGES

Beckinsale wants derriere film double

GETTY IMAGES

Kate Beckinsale has reportedly demanded a body double for her latest film because she feels self-conscious about the size of her bottom, imdb.com reports. The star, 34, allegedly refused to bare her derriere while shooting a shower scene in new movie Whiteout – forcing producers to hire a US $2,000-a-day model to stand in for the star. A source tells Britain's The Mail On Sunday, "The script called for her character to be filmed nude in a shower, focusing in on her bottom and thighs. Kate insisted on a double being hired. She was quite open on the set about not liking her body and said she particularly loathed her bottom and was not comfortable baring it." Metro News Services

McAvoy gives Jolie kissing control

Actor James McAvoy let Angelina Jolie take "control" when they filmed an on-screen kiss for new movie Wanted, imdb.com reports.

The Atonement star admits he was worried about locking lips with the gorgeous actress, but Jolie helped put him at ease by taking charge of the situation.

He says, "I was nervous but after five minutes I thought, 'This is going to be all right, it's cool.' She was in very good shape.

"It could be anybody when you're kissing someone on film, you have to make it look good. She's pretty much in control of the situation."

Metro News Services

GETTY IMAGES

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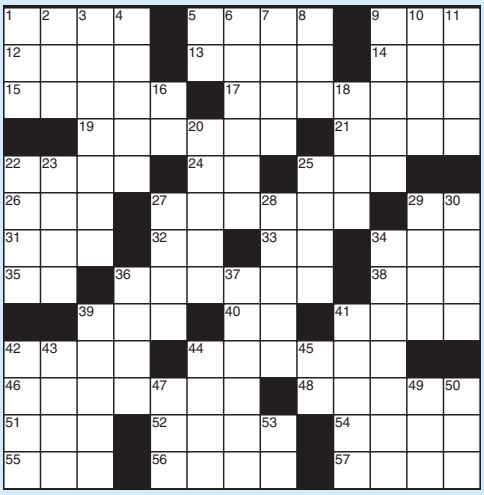
metro



down

1 Kind of jacket
2 40-cup brewer
3 Squirms
4 Touches
5 Squawkbox, briefly
6 Trouble brewing
7 Meadow bellows
8 Literary compilation
9 Aleut carving
10 General vicinity
11 Social underachiever
16 Peru's cont.
18 Keep away from
20 Fix software
22 Level
23 Too suave
25 Very, to Yves
27 Comic-strip dog
28 Roused up
29 Turns right
30 Byron's works
34 Mining company employee
36 Podium feature
37 Later! (2 wds.)
39 Faint
41 Dory
42 VHS predecessor
43 Old-time oath
44 Any
45 Near or beside
47 Beaver project
49 Absorbed, as costs
50 Dundee refusal
53 Midwest st.

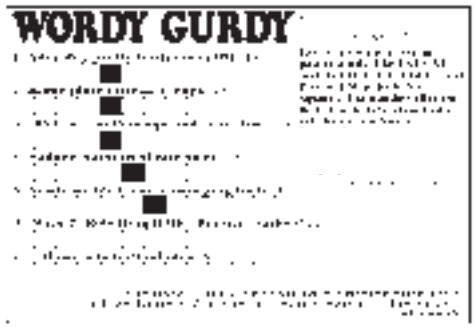
across

1 Breathe hard
5 Cougar
9 Caramel-colored
12 Old barge canal
13 Before long
14 Iron source
15 High mountains
17 Oven pan
19 Clearings
21 Part of a pin
22 Ally opposites
24 Element no. 99
25 — a ride
26 Started a fire
27 Get
29 Make tracks
31 Gore and Capone
32 Fond — Lac
33 Not they
34 Lettuce layer
35 Cobb of baseball
36 Filet —
38 "Crooklyn" director
39 Compete for
40 Not hurt
41 Mouth off
42 Prominent nose
44 Rib-eyes
46 Incited (2 wds.)
48 Atlas or Prometheus
51 Sweater letter
52 In a frenzy
54 Greek-salad cheese
55 Lime cooler
56 Gulls' cries
57 Unobstructed

previous answer

E	R	A	S		B	L	A	B		W	R	Y
L	O	L	L		L	O	C	O		H	I	E
K	A	L	E		I	N	T	O		I	T	A
	D	Y	E	I	N	G		R	A	Z	Z	
			P	H	I		E	S	S			
G	E	S	S	O		T	I		P	I	S	A
A	C	E		P	R	O	N	E		B	A	D
B	O	A	R		U	M		C	A	M	P	S
			E	L	M		O	H	M			
	F	I	S	H		G	R	O	A	N	S	
R	E	V		A	G	E	D		Z	I	N	G
O	R	A		S	A	T	E		E	L	I	A
I	N	N		A	G	A	R		S	E	T	S

WORDY GURDY



2		6				1		
	8	5		6	9	3		
	3		8		1		4	
4	6		7				9	
			2	3	4			
	2				5		3	8
	1		9		3		5	
		9	1	7		8	6	
		2				9		3

instructions

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

solve time

Under 13 minutes	Genius
13-17 minutes	Scholar
17-21	Smart
21-25	Pretty good
More than 25	Keep practising

previous answer

4	5	3	6	2	1	7	8	9
7	6	1	8	4	9	2	3	5
2	8	9	5	3	7	1	4	6
3	9	4	1	8	2	6	5	7
1	7	6	9	5	4	3	2	8
5	2	8	7	6	3	9	1	4
9	4	5	3	1	6	8	7	2
8	1	7	2	9	5	4	6	3
6	3	2	4	7	8	5	9	1

HOROSCOPE

ARIES | March 21-April 20
You're suffering from someone's fussiness. Use discretion when judging a pushy person. Someone is struggling to break a bad habit.

TAURUS | April 21-May 21
A disagreeable co-worker is trying to fool you. Someone is stuck between sadness and crisis. A man comments on your generosity.

GEMINI | May 22-June 21
A friend is causing emotional turmoil. Somebody's tenderness will astonish you. Shake up the status quo as soon as you can.

CANCER | June 22-July 22
Refuse to play with a workplace bully. Swallowing your pride isn't much fun. Expect little in terms of romance.

LEO | July 23-Aug. 23
Avoiding issues will cause dismay. An official will help out with documents. You're not to blame for a weird situation.

VIRGO | Aug. 24-Sept. 22
There'll be no trouble in work-related surprises. Take messages correctly or there'll be consequences. Act sensibly in a personal issue.

LIBRA | Sep. 23-Oct. 23
Too much sensitivity about principles will get you fired. Something in the mail gives you joy. People will want you to do their stuff.

SCORPIO | Oct. 24- Nov. 22
A financial institution won't back up its advertising. Intestinal distress results in a medical visit. Romance is the last thing on your mind.

SAGITTARIUS | Nov. 23- Dec. 21
An admirer wants a chance at partnership. A clingy person wants more than you do. Be patient with weak people.

CAPRICORN | Dec. 22-Jan. 20
Loss is possible due to forgetfulness. Demands won't put love in someone's heart. Be careful about chatting with strangers.

AQUARIUS | Jan. 21-Feb. 18
Love grows with a cheerful person. Not all choices are worthwhile. You will be amazed by your sense of efficiency.

PISCES | Feb. 19-Mar. 20
Good news comes in regard to getting credit. Speak up for an unfairly accused person. A sudden change works out.

AVATAR VENUS

This Day IN HISTORY

June 17, 1631: Mumtaz Mahal died during childbirth. Her husband, Mughal emperor Shah Jahan I, then spent more than 20 years to build her tomb, the Taj Mahal.
June 17, 1885: The Statue of Liberty arrives in New York Harbor.
June 17, 1901: The College Board introduces its first standardized test, the forerunner to the SAT.
June 17, 1939: Last public guillotining in France. Eugen Weidmann, a convicted murderer, is guillotined in Versailles.

METRO NEWS SERVICES

Ottawa weather

The Weather Network
theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
Partly sunny. 20°	Clear. 12°	80% Showers. 17°/12°	80% Rain. 19°/13°	40% Showers. 20°/13°

Temperature
Normals
High: 24.5°
Low: 12.9°

Records
High: 34.2°/1994
Low: 5.9°/1980

Sunrise: 5:14 a.m.
Sunset: 8:53 p.m.
Moonset: 3:50 a.m.
Moonrise: 8:36 p.m.

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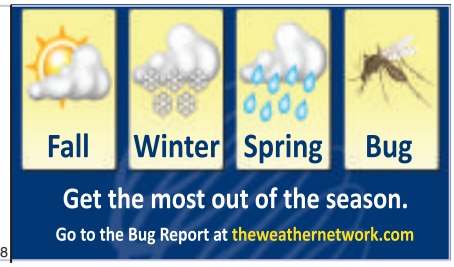

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